**BALANCING SPOONS**

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| **STUDENT TARGETS** | |
| * **Skill:** I will use my peripheral vision to help balance the ping pong ball and walk safely to the disc. * **Cognitive:** I will focus my attention on the challenge in an effort to improve my team’s score. * **Fitness:** I will be actively engaged in this Minute to Win challenge. * **Social/Emotional:** I will use positive and encouraging communication with my teammates. | |
| **EQUIPMENT & SET-UP** |  |
| **Equipment:**   * 6 ping pong balls per team of 3 * 2 flying discs per team * 1 spoon per team * 1-Minute Timer Music ([Spotify](https://open.spotify.com/album/1XZQC0B2bRVRp4MVNcDWRh?si=0-MEP_hoRzyH2WPW4E-afw), [Apple](https://music.apple.com/us/album/1-minute-challenges/631219187))   **Set-Up:**   * Create teams of 3 players. * Create 2 lines of flying discs – each line on opposite ends of the activity area. * Place 6 ping pong balls and 1 spoon in each starting disc. * Teams line up relay race style behind the starting discs. |
| **ACTIVITY PROCEDURES** | |
| 1. This activity is called Balancing Spoons. The object is to move as many ping pong balls as possible from one flying disc to another in 1 minute. You must use a spoon to transport each ball. 2. This is a relay race challenge. Get ready with the first player in line standing behind the team cone, holding a ping pong ball in the spoon. Other teammates are behind the first player. 3. On the start signal, player 1 will travel down to the team’s flying disc and carefully place the ball inside the disc before returning and passing the spoon to the next player. If a ball is dropped, pick it up and continue. 4. The next player gets a ball from the disc and begins down to the opposite disc. This repeats until time runs out. If your team places all 6 balls into the opposite disc with time remaining, move to collect one at a time and return it back to the starting disc. 5. Each ball moved is worth 1 point. Repeat this challenge with students focused on improvement. | |
| **GRADE LEVEL PROGRESSION** | |
| * **Grade 3:** Increase the size of the spoons used. Decrease the distance between flying discs. * **Grades 4 & 5:** Play the activity as described above. | |
| **TEACHING CUES** | |
| * **Use Your Vision:** Look at the spoon when moving but also use your peripheral vision to stay straight and safe. * **Be Ready to Move:** All players stay ready to quickly pass the spoon and take a turn. * **Cooperate:** Communicate with positive language. Work together to continually improve. | |

**BALANCING SPOONS** (continued…)

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| **UNIVERSAL DESIGN ADAPTATIONS** |
| * **UDL 1:** Use double sided tape to help secure the ball to the spoons. * **UDL 2:** Use large wooden spoons with deep indentations to increase success. * **UDL 3:** Increase or remove the time challenge and focus on successful movement. |
| **ACADEMIC LANGUAGE** |
| Motivation, Inspiration, Celebrate |
| **PRIORITY OUTCOMES** |
| **Personal Challenge:**   * **(Grade 3)** Discusses the challenge that comes from learning new physical activities. * **(Grade 4)** Rates the enjoyment of participating in challenging and mastered physical activities. * **(Grade 5)** Expresses the enjoyment and challenge of participating in a favorite physical activity. |
| **DEBRIEF QUESTIONS** |
| **Growth Mindset Question Set:**   * **DOK 1:** How would you describe a celebration? * **DOK 2:** Can you describe a time or moment when it’s appropriate to celebrate? * **DOK 3:** How can a celebration help you improve and grow as a person?   **Teamwork Question Set:**   * **DOK 1:** How can you recognize a team who is celebrating together? * **DOK 2:** How can a celebration affect motivation? * **DOK 3:** Based on what you’ve learned about growth mindset – why might celebrating with others be beneficial to your personal growth? |